

BY

Cookshire Members

OF THE

Women's Institute





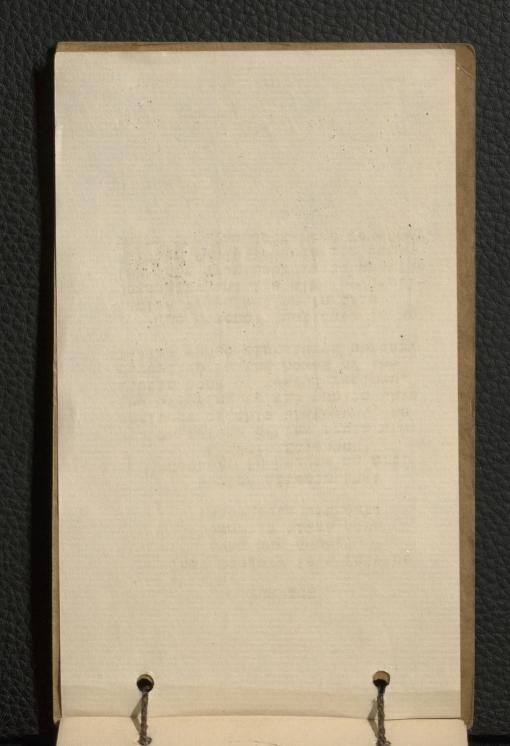
Per Drivey

PREFACE

That Cookery is a Science
Who can doubt?
Domestic bliss were
incomplete without:

Burton attests that
"Cookery is become an Art,
a noble Science"
Conscious of the truth and
aptitude of this statement, we
are offering to the public this
little book of tested recipes,
favorites in the homes of the
ladies whose signatures appear.

The Womens' Institute is an active organisation in this Community and its aim in compiling this Cook Book is to provide further Funds towards its campaign for the Cookshire Cemetery.

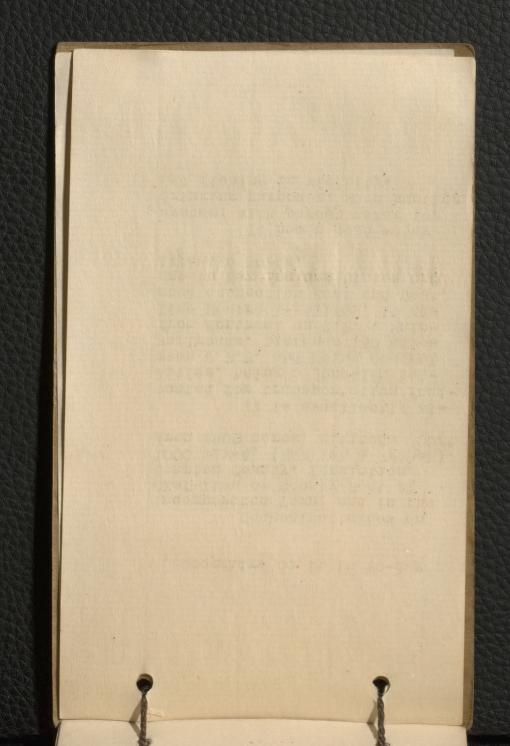


Cookshire as it is To-day

Cookshire is now an incorporated Town, and is the Chef-lieu or County Seat of Compton County. Population 1000 mixed, (English & French). Area 2400 acres, altitude 700ft

It is excellently situated for transportation facilities, being a junction between C.P.R. and Maine Central Railroads. Distance 130 miles from Montreal on C.P.R. Mainline Montreal-Halifax, it has good connection East and West, and to New England States and Atlantic Ports.

It has a good water system; with purest water for drinking purposes. Good hunting and fishing in vicinity.



Fine opportunities and sites for industries to locate here. Customs Outport.

Power - Unlimited - Southern Canada Power Co.
Hotels - Two very fine
Banks - Two
Educational - One English (High School) One French School
Churches - Two Protestant, one
Catholic
Labour - Good supply in immediate vicinity.
Roads - Good - On two Government roads to Quebec and Montreal.

For information write

Secretary Treasurer

Town of Cookshire.

SALMON LOAF OR MOTLD

the sps Know Gelatine 1 can peas can of salmon 1 cup white sauce hard boiled eggs 2 these cold water

Remove salmon from can and pour over it cold water to remove the fat. Pemove skin and bones and separate into flakes. There should be a cup full. Season with pepper, salt and temon juice. Chop whites and yolks of 3 hard boiled eggs, reserving the

center slices for garnishing.

Butter a quart mould and arrange slices of egg down the center. Have ready I cupful white stock (veal or chicken), or I cupful thin white sauce. Add the gelatine soaked in the cold water, with the salmon, chopped egg, I cup of peas and stock but in the mould and set in the ice hox. Serve on lettuce leaves with salad dressing, garnished with the remainder of the peas. If liked use I cup of diced cucumber instead of peas.

Gladys Hunt Roy

KNOX SPARKLING GELATINE improves

Soups and Gravies

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an of salmon 1 oup white sauce name boiled ages 2 theps cold we ber

Remove salmon from oan and pour ver it cold water to remove the fat, emove skin and bones and separate rio fickes. There should be a cup ril. Reason with pepper, selt and cron juice. Chop whites and yolks I hard belied eggs, reserving the conter slices for garnishing.

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Gladys Funt Hoy

RHOX SEVERTING DELATIVE Amproves

Soupe and Gravies

A MEATLESS DINNER

l can of corn 2 eggs l pint milk ½ cup butter Salt, pepper and bread crumbs

Place in a baking dish a layer of corn then a few bread crumbs. salt, pepper and a few hits of butter. Repeat until the dish is full. Beat the eggs, add milk (warmed) pour over the corn mixture and bake in a moderate oven about one hour. Serve about ten minutes after removing from the oven. (A Favorite in my family)

Eudora Cook OYSTER STEW

l pt oyster 🖢 pt water l quart milk 2 tsps salt 3 thsps butter A little pepper 2 thsps fine cracker crumbs

Place the oysters with their liquor, the water, salt, pepper. and the cracker crumbs over a moderate fire, Heat to boiling point or until edges begin to curl then add butter and milkalready heated (but not boiled). Stir gently with a fork during the cooking process to insure even cooking. Skim if necessary and serve at once.

E. P. Cook

A THEFT ASS DINGS

Loan of corn 2 egsp.
I plat milk A cup bytter
Salt, pepper and bread orants
blace in a perior display.

of corn then a lew bread crambers solt, peopler and a few bits of butters. Percet until the disc to rull. Beet the ergs, add milk warmed and name in a moderate crep ture and hare in a moderate crep about one hour, serve about ton minutes siter removing from the over, (A Pavorite in my lamily)

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SPANISH STEAK

3 lbs of top round steak

1 cup flour Ogilvie's

1 tsp salt Pepper

1 large onion 1 can tomatoes

Cut the steak in small pieces and pound in the flour, salt and pepper. Place alternately in a beanpot a layer of meat a layer of sliced onion and a layer of tomatoes. Cover with water and bake slowly $2\frac{1}{2}$ hrs.

H.L. Mackay

BAKED STEAK

1½ lbs round steak1 egg1 pint milk½ cup flour1 tsp saltPepper

Cut the meat in small pieces and pound. Beat lightly the egg and add xxxdxxxxxxxxxxxxxxxxxxxx the milk, salt and pepper. Then add gradually the flour beating until smooth and light. Butter a deep dish; put the meat in the dish and pour over this the batter. Bake one hour.

H.L. MacKay

SPANISH SPRAK

Cut the steek in small pieces and pound in the floor, sait and nepher. Place alternately in a been pot a layer of meat a layer of slided onion and a layer of tomatoes. Cover with water and hake slowly 25 hrs.

H.L. Modray

SAKED STRAK

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Fopper

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H'I'm MUONA

LUNCHEON SALAD

l envelope KNOX Sparkling
Gelatine
cup cold water ½ cup sugar
½ cups boiling water
tart apples
cup pecan nut meats
½ cup lemon juice
cup celery, cut in small pieces

Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

KNOW GELATINE comes in two pac-

kages PLAIN and ACIDULATED

(Lemon Flavor)

Discovered the partie of the parties of the parties

PERFECTION SALAD

l envelope KNOX Sparkling Gelating cup cold water 1 tsp salt cup mild vinegar 2 tbsps lemon juice 1 cup cabbage, finely shredded 2 cups boiling water cup sugar 2 cups celery, cut in small piece 2 pimentoes, cut in small pieces or 4 cup sweet red or green pepper

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, firs dipped in cold water, and chill. Remove to bed of lettuce or endiv Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green pepper or turn into molds lined with canned pimentoes. A delicious accomapniment to cold sliced chicken or yeal.

The KNOX ACIDULATED package

Contains Lemon Flavoring

ESPECITOR SALAD

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Sonk relatine in cold water five minates, fdd vinegor, lemon pitze, belling water, segar, and self. Strain, and when mixtere begins to stiffen, add remaining irrevollente. Turn inte mold, firstined in cold water, end obili, gined in cold at lottuce or endir carnieh with mayonnelse dressing, or cut in cubes, and serve in cases made of red or grown proper or turn into molds lined with at med simed sined with accompaniations. Additional accompaniations to cold sliced oblices.

The TWO AND AND DOOKERS

Go Frite Perou Brauding

A RECEIPT FOR SALAD

To make this condiment your poet beggs The pounded yellow of two hard boiled eggs Two boiled potatoes, passed through kitchen sieve Smoothness and softness to the salad give: Let onion atoms lurk within the And, half suspected, animate the whole: Of mordent mustard add a single spoon. Distrust the condiment that bites so soon: But deem it not, thou man of herbs, a fault To add a double quantity of salt; Four times the spoon with oil from Lucca crown. And twice with vinegar, procured from town: And lastly, o'er the flavored compound toss A magic soupçon of anchovy sauce. O green and glorious: O herbaceous treat! T'would tempt the dying anchorite to eat: Back to the world he'd turn his fleeting soul, And plunge his fingers in the salad-bowl;

which to make the state of the state of Took I mas the great Though Stock DO MADE COMPTE CONTROL OF SALES Aro, but squiescel, spanses in A. . THE THE PURE CONTRACTOR Ind , was began besiden

Serenely full, the epicure would say, "Fate cannot harm me, -I have dined to-day."

Sidney Smith, 1771-1845
Miss Ball

FRUIT SALAD

Cut up and combine any fruit desired or available. Canned peaches or pineapples, raw apples Oranges, bananas, grape fruits, dates, etc. Pour over the following dressing:

Three tbsps butter 2 tbsps flour. Mix smooth with juice of 1 lemon and 1 orange, add 1 cup sugar. Stir until thoroughly combined and cooked. When ready to serve, place whipped cream on each serving with a few cherries, strawberries, raisins, on top for a finish.

Mrs J.L. French

Free Cook Book Offer in each package of KNOX GELATINE

CLEARS REQUESTS! MATERIAL . prepar party Till Target STREET TO-CELTS

CHEESE STRAWS

Half cup grated cheese, one cup flour, pinch of salt, half cup of butter rubbed into the flour and cheese. Water enough to mix as for pie crust. Roll thin, cut in stripes, bake in a quick oven.

Muriel R. Halls

SALMON SOUFFLE

l cup cooked salmon $\frac{1}{2}$ tsp salt cup mashed potatoes $\frac{1}{4}$ tsp pacup milk prika
2 eggs

Mix salmon with the mashed potatoes and add the milk and seasonings. Add one egg beaten well without separating. Place mixture in a well buttered baking dish. Separate the yolk from the white of the remaining egg and beat separately.

Fold together as for foamy omelet. Pile over the fish and brown in a moderate oven.

Mrs S. Wright

KNOX GELATINE will help the delicate child

CORNMEAL MUFFINS

1 tsp soda tsp salt

l cup cornmeal 21 tbsps sugar 2/3 cup flour 1 cup sour milk l egg 21 tbsps melted 1 egg fat

METHOD: Mix and bake as plain muffins. This mixture may be cooked in shallow pan as Johnny Cake. More super may be added if desired.

M.E. Cromwell

DATE AND NUT LOAF

1 cup cut dates 1 tsp soda Sprinkle over dates then pour over

1 cup boiling water and let cool 1 tbsp lard l egg (unbeaten) 3 cup brown sugar 1 cup chopped 12 cups bread flour nuts 1 tsp salt

Cream sugar, lard, salt and eggs together. Add nuts, then dates, last sifted flour. Turn into bread pan and bake in slow oven one hour.

K.A. Pennoyer

OCHMERAL MOPNING

1 cub cornweal 2/3 cup flour - tsp soda - tsp salt SF cashs belief

METROD: Mix and bake so plain parties, whis mixture may be doosed in shallow pan as Joning. dose, More capar pay he added in desired.

E.E. Crommell

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M.A. Pennoyer

NUT LOAF

4 even cups of Ogilvies Royal
Household Flour
4 even teaspoons baking powder
1 tsp salt | cup brown sugar
1 egg well beaten
1½ cups sweet milk
1 cup chopped walnuts
1 cup dates cut in pieces

Place mixture in bread tins, allow to rise for twenty minutes before placing in moderate oven. Bake until done.

Mrs. E.J. Planche

GRAHAM BREAD

2½ cups sour milk ½ cup sugar 2 thsps molasses 1 tsp soda A little salt 4 cups Graham Flour

Let rise $\frac{3}{4}$ of an hour. Bake $\frac{3}{4}$ of an hour.

M. Wilson KNOY GELATINE makes Desserts,

salads, candies, puddings, etc.

STREET STREET, The Phase good on address.

OATMEAL BREAD

2 cups Oatmeal 1 cup molasses 2 tsps shortening Salt 1 pint boiling water

Mix altogether. When luke warm, put yeast in. Mixxto stiff batter with white flour, let raise twice before putting it in the dishes. This makes two loaves.

Mrs A.H. Kenney

NUT BREAD

l cup chopped walnuts l egg
l½ cups milk ½ tsp salt
4 cups sifted Ogilvies Flour
4 tsps baking powder
l tsp brown sugar.

Mrs H.H. Pope

NUT BREAD

l egg l cup milk

cup sugar 2½ cups flour

tsps baking powder (scant)

cup chopped Walnuts l tsp salt

Let rise for 30 minutes.

Mrs F.E. Kerridge

Desserts can be made in a short time with KNOX GELATINE

BRAN MUFFINS

l cup sour milk l tsp soda 1 tbsp shortening 3 tbsps sugar 1/3 tsp salt l cup bran 1 Cup Ogilvies Royal Household Flour.

G.R.G. MacRae.

OATMEAL SCONES

cup Brown sugar 2 tsps baking cups oatmeal Powder cup shortening (Butter & Eard) cups Ogilvies Royal Household Flour.

Milk to make a stiff dough.

Miss A. MacDonald

BROWN BREAD (with rolled oats)

Make a porridge of 2 cups rolled pats. (Let cool). Add & cup molasses I cup cream and milk mixed with I small cup of yeast. Add salt and sufficient flour to make a stiff sponge. Let rise, add flour and chead as white bread. When light chead and let rise second time. Then put in tins, let rise and bake

KNOX stands for Quality and

Quantity in Gelatine

THE PART OF STREET, AND STREET WAS DESCRIBED. 31005

NUT AND RAISON BREAD

cups Ogilvies Royal Household

cups Graham flour ½ cup corn meal
cup brown sugar 1 tsp salt

tsps baking powder ¾ cup chopped
cups milk
cup ground or chopped raisins
cup molasses ¼ tsp soda

Sift dry ingredients together.
Add nuts and raisins; add milk and
mix well, then add molasses and
soda which have been mixed together.
Bake in two small greased loaf pans
in moderate oven about 40 minutes.

Edith A. Wright

KNOX GELATINE is economical - one package makes FOUR PINTS of jelly, Babies will thrive on KNOX GELATINE-

IZED milk.

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DATE BREAD

2 eggs 2/3 cup sugar 1 cup sweet milk 1 cup cut up dates 2 ½ cups Ogilvies Royal Household 2½ tsps baking powder Flour Salt

Bake in moderate oven.

Clara Osgood

RAISIN BREAD

3 cups Ogilvies Royal Household flow the test baking powder and the salt are cup sugar and seeded raisins are cups milk. The cups milk are cupsed to the cupsed are cupsed are cupsed are cupsed to the cupsed are cupsed to the cupsed are cup

Soak raisins in boiling water for fifteen minutes, drain and dry. Siff flour, salt, baking powder and sugar together, add raisins and nuts, mix beaten egg with milk and add to flou stirring canstantly. Pour into great bread pans let stand ten minutes and bake in moderate oven for 40 to 45 minutes. This makes two small loaves or one large loaf.

Agnes A. Hurd

KNOX GEL. TINE solves the problem er

"What to have for dessert"

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NEVER FAIL FRUIT CAKE

12 eggs 1 lb butter
1 lb brown sugar 1 lb raisins
1 lb Ogilvies Royal Household
1 lb currants Flour
1 lb figs 1 lb dates
1 lb citron peel lb shelled
1 lb lemon peel almonds
2 cup preserved fruit juice
2 cup cold coffee (scant)
1 lemon, juice and grated rind
3 tsps cinnamon 1 tsp mace
1 tsp allspice 2 nutmegs
1 tsp cloves.

Margaret Cromwell

DANISH CAKE

cup butter 1 cup white sugar well beaten eggs 2 tbsps cocoa cup sour milk 1 tsp soda in tbsp vinegar 1 pinch salt to cup ogilvies Royal Household cup walnuts
cup chopped dates.

Trim with Mocha icing.

Mrs Arthur Drennan

Each package of KNOX GELATINE makes FOUR PINTS of jelly

BLUEBERRY CAKE

2 tbsps (rounded up) lard or butter

l cup sugar (beat)
Add l egg (beat)
l cup sour milk
l cup blueberries or other fresh
fruit. 2½ cups Ogilvies Royal
Household Flour sifted three
times. l tsp soda dissolved in a
little milk, salt, cinnamon, and
cloves or other spices to suit
taste. Bake in moderate oven. Mix
berries with flour. Sift spice

Mrs. J.L. French

CAKE

1 cup butter 2 cups sugar 5 eggs 4 cup milk 35 cups Ogilvies Royal Household Flour 1 tsp soda 2 tsps cream tartar cup almonds tartar Flavor with lemon extract gake in long long cracker tin

Mrs F.E. Kerridge
Ask your Grocer for KNOX GELATINE

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SPONGE CAKE

Eight fresh eggs beat the yolks and whites separately for a few minutes. Add the weight of the eggs in white pounded sugar, beat this with the eggs for half an hour, then take the weight of four eggs of flour to be stirred gently in, the rind of one lemon finely chopped With the juices to be added just before putting the whole into the tins. Bake it in a moderately quick oven.

Woodside 1866 Mrs J.H. Taylor

This was the first sponso calcomade in Cookshire by a lady from Montreal visiting at the home of Mrs J. French Taylor who was giving a party in her honer. The guests all thought it most excellent, it soon became the most famous Cake and took the place of the old time Plum Cake for all parties in the village.

SULTANA CAKE

1½ cups sugar
3 eggs
3 cups Flour
2 tsps baking pow. ¾ cup milk
½ lb Sultana Raisins
Citron, lemon rind, grated and esserce lemon.

Muriel R. Halls

KNOX GELATINE - Economy with

Highest Quality

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ORANGE CUP CAKES

1 cup butter ½ cup sugar
1 cgg (well beaten) ½ cup orange
juice and grated rind of juice
1 crange 1 tsp baking powder
1 scant cup of flour
Pinch of salt ½ tsp vanilla

Eake 15 to 20 minutes in moderate oven. When cool top with whipped cream and orange slices.

Gladys Hunt Roy

DATE CAKE

la cups sugar, brown and white 2 eggs 2/3 cup shortening 2 cups chopped dates 2 tsps ground nutmeg 1 tsp cinnamon tsp cinnamon cup cup sweet milk 2 tsps cream of tartar 1 tsp soda 2 cups Ogilvies Flour

METHOD: Place in bowl in order given and beat thoroughly. Bake in slow oven.

Mrs H.H. Pope

KNOX GELATINE solves the problem

of "What to have for dessert?"

CHOCOLATE CAKE

Boil together ½ cup of milk, l square Baker's chocolate and yolk of l egg until smooth and creamy. Remove from fire add piece of butter size of egg, l cup sugar, ½ cup of milk, l½ cups Ogilvies Royal Household flour, l tsp soda. Flavor with l tsp vanilla.

FROSTING

Make a syrup of 4 cup sugar and a little water, boil until it treads then turn on the stiff beaten white of 1 egg to which has already been added a little sugar. Beat well and pour on cake.

Mabel E. Drennan

SPONGE CAKE

Yolks of 5 eggs 2 cups sugar 2/3 cup boiling water 2 cups Ogilvies Royal Household flo 2 tsps baking powder A little salt Flavor to taste.

Mix the sugar and yolks of eggs well together then add boiling ward Mix baking powder, flour and salt together. Add to this whites of egg beaten stiff, mix lightly.

EAGLE CAKE

L cup brown sugar

† cup butter

l tsp soda

l cup sour milk

cup sour milk

cup sour milk

cup chopped raisins

† tsp cloves

Cream the butter and sugar, add the beaten egg. Mix the soda with the sour milk and add with the flour and spices sifted together. Lastly add the chopped raisins. Bake 45 minutes in a moderate oven. I like to add a little baking powder to insure lightness, but not necessary.

Mrs S. Wright

CAKE TO USE THE YOLKS OF EGGS

| description |

Agnes A. Hurd

A KNOX GELATINE Dessert or Salad is

Attractive and Appetizing

NEVER FAIL CAKE

2 eggs l cup sugar the cup milk l cup flour 1 tsp haking powder 1 tsp salt 1 tsp butter

Beat eggs, add sugar, 1 cup Ogilvies Royal House hold flour, 1 tsp baking powder. Heat to a boiling point, ½ cup milk, to which has been added one tsp butter.

This cake never fails.

Mrs John Planche

SPONGE CAKE

l cup sugar 4 eggs
latit bsps corn starch, enough
Ogilvies Royal Household flour
to fill cup 3 tbsps cold water
latit tsps baking powder, a little
salt 1 tsp vanilla

Beat whites of eggs separately. Beat yolks of eggs and water together and add sugar gradually. Add flour and baking powder beating continually. When flour is all in, beat two minutes and fold in the whites last. Bake in moderate oven 35 minutes.

Mrs Chaddock

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ROYAL FRUIT CAKE

This is a large recipe, making three large loaves, can be kept for a year or longer.

Bake about one hour or longer in a slow oven.

Mrs Hugh Wilson

CHOCOLATE CAKE

1 cup milk 1/3 cup cocoa or
1 egg yolk beaten chocolate
Cook in double boiler. When cool
Add
1 cup sugar 1/3 cup butter
1 tsp soda dissolved in 1 tbsp
water 1 tsp vanilla
1 1/3 cups Ogilvies Flour
1 tsp salt
Put in beaten white of egg last.

A.S. Woolley

the in beaten white of egg last. A cup mile TANN our coses or C STOR QAOPS: :: para cours one west or tenger in Propose Carries Baker Robsesord

CHRISTMAS FRUIT CAKE

l lb Ogilvies Flour l lb butter
l lb brown sugar 9 eggs
l nutmeg 1 tsp soda (distsp allspice solved in hot
l tsp cinnamon water)
l lbs raisins 1 tsp cloves
l lb peel 3 lbs currants
cup molasses 1 cup almonds
tsp lemon extract

Mrs F.E. Kerridge

LIGHTNING CAKE

Sift together one cupful of flour l cup sugar, l level tsp baking powder, and a little salt. Into a cup one third filled with melted butter, break two eggs and fill the cup with sweet milk. Mix, bake, and serve warm for lunch or supper.

Alice T. James

NUT AND RAISIN CAKE

l cup butter
l egg
l cup sour milk
l tsp soda
l cup raisins
cup raisins
(chppped)
tsp cinnamon
(or nutmeg if preferred)
Bake 25 to 30 minutes.

Mrs E.L. Pratt

T TED OTOLER

CHOCOLATE CAKE

2 eggs ½ cup shorteni 3 or 4 tbsps c 2 cups flour 1 cups sugar cup shortening 1 cup sour milk or 4 thsps cocoa 1 tsp soda

ICING:

2 cups sugar 2 cup milk 1/3 tsp soda Small piece soda

Mrs E.L. Pratt

MOCHA CAKES

toup butter 3 eggs 2 cups 2 cups flour 1 tsp vanilla 2 tsps baking powde: Milk to the thickness of an ordinary cake say half cup. Bake in shallow tins. When cool, cut in small pieces. FROSTING: ½ cup butter 2 cups frosting

sugar Mix well together, add l tsp vanilla l tsp milk Spread on each piece of cake(allover) and roll in 1 lb of almona nut meats which have been blanched. browned and rolled fine.

Mrs H.H. Pope

DOUGHNUTS

l cup sugar 2 eggs
2 theps lard 2 theps butter
1 cup sour milk 1 tep soda
2 teps cream of tartar
½ tep salt
Enough Ogilvies Royal Household
flour to make soft dough.

Mrs A. Darker

EXTRA DOUGHNUTS

Beat ½ cup sugar with two level tbsps of butter and one large egg. Add ½ tsp each of salt and ginger, I cup sweet milk, 2 level tsps cream of tartar and one of soda sifted with enough Ogilvies Royal Household Flour to make a soft dough. Turn on board and roll to about one third of an inch thick, cut out and fry in hot lard. This recipe makes about 24 doughnuts.

Edith Wright

KNOX ACIDULATED GELATINE saves

the cost, time and bother of

squeezing lemons.

STATE OF STA DES OF DOLEGE

BANBURY TARTS

l cup of raisins chopped l cup white sugar Rind and juice of l lemon 2 good sized crackers

Chop altogether fine. Make into small turnovers with pie crust.

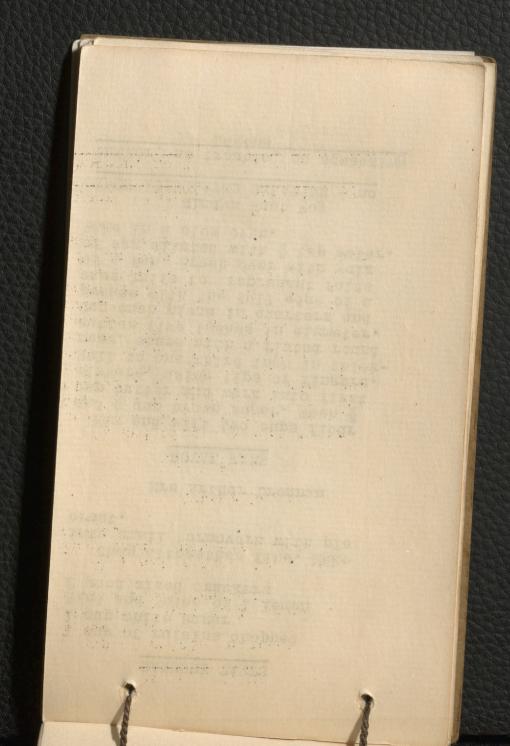
Mrs Arthur Drennan

ROYAL FANS

Mix and sift two cups flour and ½ cup brown sugar. Wash ¾ cup butter and work into first mixture, using tips of fingers. Roll to one third inch in thickness, shape with a fluted round cutter five inches in diameter. Cut each piece in quarters and grease with the dull edge of a case knife to represent folds of a fan. Brush over with yolk of egg diluted with ¾ tsp water. Bake in a slow oven.

Eladys Hunt Roy KNOX ACIDULATED GELATINE - no

bother, no trouble, no squeezing Lemons



ORANGE NUT PUFFS

METHOD: Cream the butter, add sugar, then well beaten egg yolks AND ORANGE juice. Mix thoroughly. Sift the dry ingredients together and add atternately with the milk. Add the chopped nuts, fold in the egg whites stiffly beaten and pour into greased and floured cup-cake pans. Mix the powdered sugar and the finely ground nuts and sprinkle over tops of puffs. Bake in a moderate oven 20 minutes.

Mrs Burton

HERMITS

Jeggs 1½ cups sugar l cup butter 1 cup chopped Small tsp soda raisins l tsp nutmeg 1 tsp cinnamon Flour enough to roll and cut.

Muriel R. Halls

MULTEL B. Malle

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HER BELLOU

MERROD: Cream the butter, add
ought, then well besten ere Folks
and olfred Jules. Mix thoroughly.
Cift the ary impredients together
and add alternately with the milk.
Add the chopped mate, fold in the
eng whites stiffly besten and your
late greneen and floored cur-dake
ough. Mix the nowdered surer and
over aces of puffs, best in a noderate over 20 minutes.

1/3 oup butter 2 oup oness 2 car yolks 1 oup orchas 1/6 tap grated 1 ous orchas orange rind 12 oup flour cospectating powder 5 toeps basing powder 5 top sait 2 oup mile 5 cap walnuts 2 oug whites 6 cap walnuts 2 oug whites

SCOTCH CAKE

Take twelve ounces of good butter Take of sugar, half of that, Then of flour, just take the double What you weighed the butter at.

Rub the sugar and the butter With your fingers on the board Taking in the flour by stages As you see it can afford.

Roll it out upon the table Or else shape it on the block It's so easy, when you know it

Then, you nick it round the edges With your finger and your thumb So be sure and have some ready For my supper when I come.

Mrs Pratt

KNOX GELATINE added to milk increases its Nourishment by about 23%.

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DATE BARS

3 eggs well beaten 1 cup of sugar

1 cup of chopped nuts (English Walnuts prefered)

1 cup Ogilvies Royal Household Flov.

2 tsps Baking Powder

1 tsp vanilla

1 package of dates

1 tbsp water 1/8 tsp salt

Bake in shallow pan in slow oven. Cut in strips and roll in powdered sugar.

Estelle Fravier

CREAM PUFFS

Melt & cup butter in 1 cup hot water and when boiling, stir in 1 cup Ogilvies Flour. Take off the stove and cool. When cold. stir in 3 eggs, one at a time, without beat. ing. Then stir until thoroughly mixed. Drop on buttered tins a piece about the size of a small egg a few ins. apart. Bake in quick oven about twenty minutes.

Mrs F.E. Kerridge

Try the KNOX GELATINE Recipes found in this book

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FRUIT COOKIES

la cup sugar de cup molasses la cup currants la cup butter worked to a cream gegs well beaten la tsp soda dissolved in water la cup chopped raisins la tsp of all kinds of spice Enough Ogilvies Royal Household Flour to roll. Bake in a moderate oven.

Ellen Cromwell

BROWNIES

decided to the sugar (Beat well together)

eggs (whites and yolks beaten separately)

squares melted chocolate

1/3 cup Ogilvies Royal Household clour to which has been added a pinch of soda.

cup walnuts (cut not too fine)

Bake in a shallow pan about 10 x 10 inches, in a moderate oven. Cut in squares when nearly sold.

Ethel Gillander

MOX GELATINE will help the deli-

cate child.

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COOKIES

4 cups Ogilvies Royal Household
Flour
cup of butter rubbed into the

2 eggs (well beaten)
l cup sugar 2 tsps cream tartar
l tsp soda dissolved in 1 tbsp
of water, 1 pinch of salt and
flavoring.

Roll thin, cut with a cookie cutter and bake in a hot oven.

A.M. Chaddock

COOKIES

l cup sugar ½ cup butter
2 eggs (well beaten)
2 cups Ogilvies Royal Household
Flour l tsp soda
2 tsps cream tartar
Flavor with vanilla or nutmeg

Sift cream tartar soda and flour together, then rubein the butter. Add sugar and eggs which have been well beaten together. Flavor. Do not use more flour than necessary when rolling out the dough. Bake in a moderate oven.

Mabel E. Drennan

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COOKIES

1 cup sugar
4 tbsps milk
2 eggs
2 tsps baking powder
2 cups Ogilvies Royal Household Flour.

E.M. Cork

OATMEAL COOKIES

L cup sugar I egg
l cup lard or butter
cup sweet milk l tsp soda
cups oatmeal, remainder in
Royal Household Flour. Flavor to

M. Wilson

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed

GINGER SNAPS

1 cup molasses 1 cup brown sugar 1 cup butter (1/3 lard)

(Boil twenty minutes)
l egg (well beaten)

1 tsp soda 1 tbsp ginger

tsp salt

Enough Ogilvies Royal Household Flour to make very stiff. Cut thin.

M.L. Noble

WALNUT TEA COOKIES

l cup butter 2 cups brown sugar 2 eggs l tsp soda ½ tsp salt l cup walnuts 3½ cups Ogilvies Royal Household Flour or (trifle more)

Cream the butter and sugar and add well beaten eggs. Sift flour, salt and soda together, add broken nuts to the mixture and then cut the dough in half and roll in two long rolls and let stand over night in a cool place. Slice as thin as possible with a sharp knife and bake in a hot oven.

Ethel Gillander

KNOX GELATINE is Pure - Ask your Physician

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Wines Chillones

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CHOCOLATE DROP COOKIES

l cup sugar ½ vup butter
2 eggs well beaten
½ cup sweet milk
3 squares chocolate from ½ lb cake
1½ cups pastry flour ½ tsp vanilla
¾ cup nuts walnuts ¾ cup raisins
2 tsps baking powder ½ tsp salt

Cream butter, add sugar, add eggs and melted chocolate. Then milk, vanilla, nuts, raisins mix well; then add baking powder and flour. Drop by teaspoons on hot butter pan and bake in a medium oven.

Makes about 25 cookies.

Gertrude Osgood

PEANUT COOKIES

2 tbsps butter 1 tsp B. Powder \(\frac{1}{4} \) cup sugar \(\frac{1}{2} \) tsp salt \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) cup chopped \(\frac{1}{2} \) tsp lemon juice \(\frac{1}{2} \) cup chopped \(\frac{1}{

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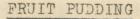
PEACH COBBLER (Two portions)

1 cup flour 3 good-sized 1 tsp B. Powder 1/8 tsp salt 1 tbsp butter cup milk d cup water

peaches 1/3 cup sugar 1 tsp vanilla 1 cup sugar

Cut the butter into the dry ingredients (3.P., salt & flour) and add the milk. (The resulting dough should be of biscuit consistency.) Peel and slice the peaches, mix well with the sugar (1/3 cup) and place on the bottom of a baking dish. (not tin.) Place dough shaped to fit, on the top of the peaches. Make three holes to allow the steam to escape. Bake 30 minutes in a moderate oven. Boil the sugar and water four minutes. When the cobbler has cooked for 20 minutes, pour the syrup over it and allow to cook 10 minutes. Cream may be served with the cobbler if desired.

a gab eare



One cup fruit juice (either from preserves or orange and lemon) three level tbsps cornstarch, one

cup hoiling water.

Cook mixture in double boiler until it thickens, then set to cool. When thoroughly cool, add stiffly beaten whites of two eggs and whip well.

CUSTARD TO SERVE IT WITH

Two egg yolks, a quarter cup sugar, one and a half cups milk. Thicken slightly.

Muriel R. Halls

SUET PUDDING

l cup chopped suet l cup molasses l cup sour milk 2 tsps soda l cup chopped raisins $\frac{1}{2}$ tsp each of cloves, cinnamon and nutmeg. Enough flour to make a stiff batter.

Steam five or six hours.

Agnes A. Hurd

KNOX GELATINE is the one dessert

for all appetites

FRUIT PUDDING

One cup fruit juice (either from preserves or orange and lemon) three level theps cornstarch, one cup boiling water.

Cook mixture in downto downto until it thickens, then set to cool. When thoroughly cool, add stiffly besten whites of two eggs and whip well.

MEIN II MARE ON CHARAGO

Two egg volks, a quarter cup sugar, one end a half cups milk. Thicken slightly.

Mariel R. Halls

BUILDING BEINS

l cup chopped suct . L cup molesses is any sour milk . 2 tsps sele i cup obopped raising & tsp each of cloves, clumemon and nutmes. Inough flour to make a stiff batter.

Steam five or six hours.

Agnes A. Hurd

MOX GELATING is the one dessert

for all appetites

COFFEE SOUFFLE

envelope Knox Sparkling Gela.

cup milk 2/3 cup sugar

cups strong boiled coffee

tsp salt 3 eggs

tsp vanilla

Soak gelatine in ½ cup cold coffee. Mix remaining coffee, milk and ½ of the sugar and heat in double boiler. Add remaining sugar, salt and yolks of eggs, slightly beaten. Cook until mixture thickens. Remove from range add softened gelatine, whites of eggs beaten until stiff, and vanilla. Mold, chill, and serve with milk or cream. If desired, line molds with stale cake before pouring in mixture.

Gladys Hunt Roy TURKISH DELIGHT

Soak a package of Knox Gelatine ½ hour in ½ cup of cold water. Put 2 cups granulated sugar in a saucepan and add ½ cup water and bring to a boil. Add the soaked gelatine. Boil 20 minutes. Before taking from fire add the grated rind and juice of 1 lemon and 1 orange. Let boil up once then add ½ tsp of rose extract. Put in pans to set. Then cut and roll in fruit or frosting sugar. Should be allowed to set for several hours before cutting.

Mrs S. Wright

vefore artismo, - Wha S. Wright and bring to a boil, Add the son-

NUT FRAPPE

envelope KNOX Sparkling Gelade cup cold water tine
cup cream de cup sugar
de cup milk White of l egg
cup chopped nuts l, cup
cooked pineapple & strawberries

Soak the gelatine in cold water 5 minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and fold in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces. Serve ice cold in sherbet glasses and sprinkle with chopped nuts.

PINEAPPLE SPONGE

Take one half can of grated pineapple cooked up thick with two thirds of a cup of sugar. Two teaspoonful of KNOX Sparkling Gelatine mixed with a little cold water, then add ½ cup of hot water stirred into the gelatine and afterwards into the cooked pineapple, set it aside to cool. Whip ½ pint of cream and stir all thoroughly together, and turn into mold.

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EMMERGENCY PUDDING

Heat to boiling a quart can of some kind of fruit, the pan should not be more than half full and if very thick add a little boiling water. Have ready some small cream of tartar biscuits, put on top of fruit and cook about 20 minutes covered. Drop a bit of butter on each and serve with some of the fruits.

Eudora Cook

DATE PUDDING

1 cup English Walnuts

1 cup sugar 1 cup dates

2 tbsps Ogilvies Flour

2 eggs 2 cups milk

1 tsp vanilla

Chop dates and nuts mix flour and baking powder. Beat yolks of eggs. Add sugar and milk, add whites of eggs stiffly beaten. Pour in pan and bake in moderate oven.

Mrs K.A. Pennoyer

Where recipes call for Gelatine

use KNOX SPARKLING GELATINE

CHOCOLATE PLUM PUDDING

l envelope KNOX Sparkling
l pint milk Gelatine
l cup cold water
l cup sugar
l squares chocolate
tsp vanilla cup dates
l cup seed raisins
cup nuts tsp cup currants
gegg whites Salt

Soften gelatine in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot add melted chocolate, sugar, salt, and soaked gelatine. Remove from fire; when mixture hegins to thicken, add vanilla fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated wit h whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream sweetened and flavored with vanilla, or with accurrant jelly sauce.

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ROLY POLY

ing water
2 cups Ogilvies Royal Household
Flour. 1 tsp salt
2 tsps Baking Powder

Mix with milk or water stiff enough to roll. Spread with any kind of preserves, roll up and steam half an hour. Serve with whipped cream or pudding sauce.

SNOW PUDDING

I small cup sugar

3 tbsps corn-starch wet in a
little cold water. One generous
pint boiling water. When cooked
add the whites of 3 beaten eggs
to a stiff froth, Cook five
minutes and then add the juice
of 2 lemons. Serve with this
sauce. Yolks of 3 eggs, ½ cup
sugar, 2 cups of milk, cook in
double boiler and flavor with
vanilla to taste,

Mrs F.E. Kerridge

Desserts can be made in a short

time with KNOX GELATINE

arrabed exten of beginned some: T CALL ROLL GIRLOTANT WEEK POSTS

ORANGE CHARLOTTE

envelope KNOX Sparkling Gelatine
cup cold water
cup boiling water
cup sugar
tbsps lemon juice
cup orange juice and pulp
whites of three eggs
Lady fingers

Soak gelatine in cold water five minutes and dissolve in boilling water. Add sugar, and when dissolved add lemon juice. Strain, cool slightly and add orange juice and pulp. When mixture begins to stiffen beat and beat thoroughly. Turn into mold lined with lady fingers. One pint whipped cream may be used in place of whites of eggs.

All you add is water and sugar to

The KNOX ACIDULATED package

timed sith and finests, but pint when mixture begins to striften bent

AUNT MARY'S PUDDING

1 cup suet
2 cups flour
1 cup raisins
3 tbsps sugar
2 tsps Baking
Powder

Steam two hours. Serve with hard sauce or syrup.

F. Louisa French

DATE PUDDING

l cup suet l cup molasses l cup walnuts l cup figs l cup raisins l cup sweet milk l cup dates l tsp soda zi cups Ogilvies Royal Household Flour.

Mix suet, molasses, add milk, chopped nuts, flour, etc. Steam two hours in baking powder cans. This recipe will fill four cans.

Estelle Frasier

KNOX GELATINE is measured ready

for use-two envelopes in each pkg.

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LEMON SPONGE OR SNOW PUDDING

envelope KNOX Sparkling Gelaticup cold water ne
cup boiling water a cup sugar
cup lemon juice Whites of
eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile b by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may by prepared by coloring half the mixture red.

Give KNOX GELATINE to Children - Ask your Physician

PERC PETTOR, MATE GALLES ON TELLO

FRUIT SHERBET

† envelope KNOX Sparkling
Gelatine (scant measure)
1½ cups sugar 3 cups rich milk
1 orange 1 lemon

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar. and fruit of any kind if desired. This makes a large allowance for five persons.

KNOX GELATINE is GUARANTEED TO

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SPANISH CREAM

envelope KNOX Sparkling Gelatine cups milk ½ cup sugar (scant) eggs 1 tsp salt tsp vanilla

Soak the gelatine in the milk

ten minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of eggs slightly beaten, return to double boilgr and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff.

Turn into one large or individuals molds, first dipped in cold wa-

ter, and place in ice box.

(This will separate and form a jelly on the bottom and custard on top.) If desired, serve with whippe cream, or slices of oranges or othe fruit. A cup of orange juice may be substituted for one cup of milk, ad ing it after removing custard from the stove.

KNOX GELATINE

The Highest Quality for Health

SPANISH CREAM

T cape milk tone sugar (count) of eggs: top oats

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ENON GENEVIEW

the Hisport Courter for Health

PRUNE ORIENTAL CREAM

envelope KNOX Sparkling Gelatine
cup cold water ½ pt heavy cream
cup scalded milk 1/3 cup milk
cup sugar 1/3 cup chopped figs
whites of two eggs
1/3 cup cooked prunes, cut in pieces

Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture hegins to thicken; then add whites of eggs, heaten until stiff, heavy cream diluted with milk and beaten until stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla), forced through a pastry bag and tube, and chopped pistachio nuts

> For Dainty Delicious Desserts use KNOX GELATINE

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RASPBERRY CREAM PIE (1812)

Line a plate with paste as for a custard pie, raising the edge. Fill two thirds full with fresh raspherries, sprinkle well with sugar and place in the oven to bake Put 13 cups of milk a pinch of salt butter the size of a walnut in double hoiler to heat. Beat up two eggs with 3 tbsps sugar, 2 tbsps of flour (level). Stir into the milk, flavor with lemon or vanilla and pour over the berries as soon as you think the crust is baked. Finish with slow cooking until custard set: This pie may be made more elaborate by saving out the whites of one egg for meringue and placing a few fres raspherries on top.

Any fresh fruits may be used for this pie, also canned fruits but it will be necessary to keep out some of the syrup when fruits are very

juicy.

E.P. Cook

See that the name K-N-O-X is on each package of gelatine you buy Bereit B. t. ATT TO DECEMBER LE LO REED CON MAIN. . see walk 7 seem swaper, 2 thege of SOCIAL CONTENT TO TAME. 1991 OF THE

SOUR CREAM PIE

Make shell as for custard pie and fill with following mixture: 1 cup sour cream 1 cup white sugar 1 cup raisins (chopped) to cup walnuts (chopped) yolks of 2 eggs 2 tsps vanilla Pinch of salt

Bake in moderate oven until nearly done and cover with meringue made with whites of eggs and brown in oven.

Mrs Herbert Chaddock

ORANGE PIE

Two cups milk, juice and grated rind of two oranges, three eggs, one large cup sugar, two these flour, one-fourth tep salt. Cook flour and milk in double boiler, beat yolks, add sugar, pour cooked mixture over yolks and sugar, beating all twice. Add orange and rind. Cook ten minutes. Cover with meringue.

Mabel E. Drennan

Four Separate Desserts or Salads
from one Package of KNOX GELATINE

SOUR CREAM PLE

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Pake in moderate over purit mear hy dome and cover with convenies." made with whites of eggs and brown in even.

Mrs Herbert Chaddook

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BUTTERSCOTCH PIE

Brown a piece of butter and to this add a scant cup brown sugar, 4 theps of milk. Mix 1 the pof flour with a little milk. Idd the beaten yolk of 1 egg. Stir into hot butter and milk. Gook until thick.

FLAVORING: Fill baked crust with mixture. Beat white of egg stiff spread over and brown in oven.

Mrs J.L. French

SOUR CREAM PIE

기술 cups sugar 2 eggs 기술 cups sour cream 2 cups raisins Vanilla and pinch of salt

Mix all together and bake between two crusts.

DATE PIE

Put in a double boiler 1½ cups of dates, stoned and cut small, with 2 cups of milk, and cook for 20 minutes. Then rub through a sieve and add 2 beaten eggs, 1 cup sugar, and ¼ tsp salt. Bake in a botton crust.

Addie Drennan

CARAMEL PIE

l cup maple sugar l¼ cups milk

Heat together

Beat yolks of two eggs
2 tbsps melted butter
2 tbsps Ogilvies Royal Household
Flour

Stir into first mixture gradually. Cook together for 20 minutes. Flavor with vanilla. Make meringue of well beaten whites of eggs, brown in a quick oven.

Georgie Coates

MAPLE SUGAR PIE

14 cups maple sugar melted (thick)

Custard--l cup milk, l or 2 eggs, pinch salt, enough corn starch to thicken, teaspoon butter. While both are hot whip custard into thick syrup and whip well. Fold into crust and top with whipped cream.

Mrs Jas. Staples

Where recipes call for Gelatine

use KNOX SPARKLING GELATINE

Hear distret

RHUBARB JELLY

3 cups rhubarb cut in small pieces cup water, 1 cup sugar, \(\frac{1}{4}\) cup water, 2 tbsps Know Sparkling Gelatine. Juice and grated rind of one lemon.

METHOD: Cook rhubarb slowly with to cup water and sugar until soft but not broken. Soak gelatine in to cup of water 5 minutes. Add hot rhubarb mixture, lemon and rind. Pour into molds dipped in cold water. When firm, unmold and serve with cream.

Ethel M. Gillander

RHUBARB CONSERVE

Four large cups rhubarb, $2\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ tsp baking pawder soda, I cup seedless raisins, juice and rind of one orange. Wash the rhubarb and cut in $\frac{1}{2}$ inch pieces (do not peel it). Add sugar soda, raisins, grated orange rind and juice, and let it stand over night, stirring occasionally during the evening. Then boil slowly for 45 minutes, being careful not to break the rhubarb when stirring. Seal in jars. This is delicious either as a marmalade or as a relish with cold meat.

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MARMALADE

3 bitter oranges 1 lemon 3 pints of water 3 lbs sugar Juice of one sweet orange

Cut the oranges and lemon very thin, add the juice and water and let it stand overnight.

Boil three hours. Add the sugar

and boil one hour.

Miss Ball

RHUBARB MARMALADE

1 1b Walnuts chopped fine 4 1bs Rhubarb cut fine 6 1bs sugar

5 lemon rinds

All makes four quarts.

Miss MacKay

Use KNOW GELATINE if you would

be Sure of Results

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GRAPE FRUIT MARMALADE

3 grapefruits 2 oranges 1 lemon

Cut all up as fine as possible, being sure to remove all pips. Pour over the fruits, eleven pints of water. Let it stand all night, in the morning boil hard la hrs. Add 10 lbs of sugar and boil one hour or until it jellies when tried.

Margaret Cromwell

FILBERT MACAROONS

1 cup chopped filberts
1 cup brown sugar

4 small soda crackers rolled fine

2 unbeaten whites of eggs

Mix all together and bake for a few minutes.

Marguerite Husbands

KNOX ACIDULATED GELATINE - no bother

no trouble - no squeezing lemons

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Morgoret Growwell

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for a few minutes.

GREEN TOMATO MINCE MEAT

Chop fine 1 peck green tomatoes, drain off juice, measure it and allow as much clear water as there was juice (throw the juice away). Bring to a boil, drain again and proceed as the first time, repeat three times. Do not add water the third time. Add 2 lbs sugar, 2 lbs raisins, 2 heaping cups suet, 2 tbsps salt. Boil until tender then add 1 cup vinegar. When cool add 2 tbsps cinnamon, 2 tbsps nutmeg and 2 tbsps of cloves.

A. Kirby

MINCE MEAT

l½ lbs lean beef cooked until tender, mince in a food chopper when cool. 4 cups chopped apples, 2 cups seeded raisins chopped. 2 cups currants, 1 cup chopped citron, mix together then add 2 tbsps salt, 2 cups brown sugar, 1 cup chopped beef suet 1 tbsp each ground cloves, cinnamon, and nutmeg. 1 cup strong coffee, 1 cup meat stock, mix ingredients altogether and simmer for 1 hour, stir occasionally. Pack while hot in sterilized jars and seal. This recipe makes five pints of Mince Meat.

PICKLES AND SAUCES

Pickles and Sauces must not be regarded as wholly ornamental, or as appetizers. In many cases they have a digestive and stimulating power, which is valuable in properly balanced meals. We should try, therefore, to use the right Pickles and Sauces in their right places.

Raw Oysters-Quarted Lemons, Horse Radish Sauce. Baked Fish-Drawn Butter, Hollandaise Sauce. Broiled Fish-Maitre d'Hotel Butter Sauce tartare. Boiled Fish-Egg Sauce, drawn butter Hollandaise Sauce, Sauce piquante, Cream Sauce. Fried Fish-Sauce tartare. Roast Chicken-Bread Sauce, Green grape jelly, grape ketchup. Roast Turkey-Cranberry jelly, Pickled Onions. Roast Guose-Tart apple sauce, Barberry Jelly, grape ketchup Fried Chicken-Cream gravy, grape ketchup. Roast Duck-Orange sauce, current jelly. Roast Veal-Tomato sauce, Horse-Radish sauce, pickles.

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PICKLES AND SAUCES (continued)

Roast Mutton--Currant jelly, Chow-chow or ketchup.

Roast Pork--Apple Sauce, Sour pickle Roast Lamb-Mint sauce, sweet pickle Roast Beef-Brown gravy, Horse-radis pickles.

Roast Filet of Veal-Mushroom Sauce Roast Venison-Barberry Jelly Roast Quail-Current Jelly, Celery Sauce.

Roast Canvasback Duck-Black Current Jelly, Olive Sauce.

Boiled Mutton-Caper Sauce. Boiled tongue-Sauce Tartare. Corned Beef-Mustard Pickles.

Pork Sausage-Apple Sauce, Fried Apples rings.

Sweetbreads-Sauce Bechamel Lobster Cutlets-Sauce tartare.

Broiled Steak-Maitre d'Hotel Sauce. Roast Prairie Chicken-Black Currant Jelly.

Boiled Mackerel-Stewed Gooseberries Any of these sauces may be made and then transfered to jars to be kept ready for use all the year round.

Pickles should be made in porcelain or graniteware, vessels; never in vessels of brass, copper or tin, as the acids often combine with these metals forming poisons.

Vinegar should be the best white wine, and must not be boiled more than a few minutes as longer boiling reduces its strength.

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SWEET APPLE PICKLES

6 lbs sweet apples pared & cored

3 pints brown sugar 1 quart of vinegar

1 tsp of allspice mace, cinnamon.

Make a syrup of sugar vinegar and spices tied in a muslin bag. Cook the apples in this syrup sticking a clove in each peice a few at a time. Watch carefully that they do not cook too much. Remove from syrup to jars. Continue boiling juice a little longer, pour over apples and seal while hot. Very good.

Eudora Cook

A VERY GOOD DESSERT

Soak a pound of raisins in tepid water half an hour then cook slowly until tender, add two tablespoons sugar and a little lemon juice. Serve with small hot biscuits or rolls.

Eudora Cook

KNOX GELATINE is highest quali-

ty and worth its price

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INDIAN SAUCE

2 ripe tomatoes 12 apples 8 onions 1 lb raisins Boil then add:

l oz ginger 2 lbs brown sugar ½ gal. vinegar 4 cup salt

Boil tomatoes, apples, onions and raisins chopped fine, one hour (or until well cooked) then put through colander, add other ingredients. Boil half an hour, and bottle. Good especially for cold meat.

Margaret Cromwell

SWEET PICKLES

4 cups vinegar 4 cups brown sugar 2 tbsps whole cloves, allspice, and cinnamon 7 lbs fruit, watermelon rinds, apples, ripe cucumbers, (seeded)

Boil fruit until it can be pierced with a straw, put in cansp boil other ingredients a few minutes, pour over fruit while hot and set away.

M. Wilson

KNOX GELATINE AIDS THE DIGESTION

OF OTHER FOODS

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CHILI SAUCE

20 large tomatoes

6 good sized onions

3 large green peppers

3 tbsps salt 3 tbsps ginger

6 tbsps brown sugar 2 small tsps cloves

6 cups vinegar

Mash the tomatoes, chop the onions and peppers, mix and boil until soft, cool and rub through colander. Cook to proper consistency and bottle for use. Seal with paraffin.

Eva H. Taylor

RHUBARB RELISH

2 quarts of thubark chopped fine 2 quarts of onions chopped fine

4 lbs of brown sugar

2 tsps cinnamon 2 tsps allspice 2 tsps cloves 2 tsps salt Vinegar to taste

Cook rhubarb and onions in vinegar twenty minutes, before adding sugar and spice. Cook one hour after adding sugar nad spice.

Mrs Kenney

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LISTS OF THE STUFFINGS, SAUCES, AND GARNISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

TURKEY AND CHICKEN

STUFFINGS

Plain
Giblet
Oyster
Celery
Raisin-and-Nut
Chestnut
Sausage
Potato
Apple-and-prune
Mushroom

SAUCES

Giblet Gravy
Brown Gravy
Mushroom Sauce
Chestnut Gravy
Cream Gravy
Bechamel Sauce

GARNISHES

Small Red Apples on Drumsticks Chop Frills on Drumsticks Necklace of Cranberries String Cranberries on Toothpicks to use as Ornamental Skewers Parsley Celery Tips

LISTS OF THE VEGETABLES AND RELISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

TURKEY AND CHICKEN

VEGETABLES

RELISHES

Irish Potato Sweet Potatoes Spice& Crapes Turnips Onions Squash Asparagus Celery Boiled Rice

Cranberries Spiced Peaches Spiced Pears Currant Jelly

GOOSE

Irish Potato Baked Apples Cold Slaw Cider Apple Turnips Butter Brusseles Sprouts Cauliflower Squash nions

LISTS OF THE STUFFINGS, SAUCES, AND GARNISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

GOOSE

SAUCES

Giblet Gravy Giblet & Mushroom Brown Gravy

GARNISHES

Watercress Glazed onions Cranberries

STUFFINGS

Apple-and-raisin
Apple-and-prune
Potato
Potato-and-nut
Apple-and-celery
Sauerkraut
Mushroom-and-Chestnut

DUCK

STUFFINGS

Potato-and-Nut Mushroom Peanut-and-Cracker

GARNISHES

Parsley
Watercress
Sliced Lemon
Celery Fritters

LISTS OF SAUCES. VEGETABLES, AND RELISHES SUITABLE TO BE SERVED WITH DIFFERENT FOWLS

DUCK

SAUCES

Orange Sauce
Sour-Apple Marmalade added to
Whipped Cream

Apple Sauce Cherry Sauce Green-Grape Sauce Olive Sauce Current-Jelly Sauce

VEGETABLES

Potato
Fried Hominy Mush
Parsnips
Asparagus
Celery
Green Peas
Tomato-and-Celery Salad
Cucumber-and-Cress Salad
Hominy and Horse Radish

RELISHES

Baked Oranges Currant Jelly Cider Apple Butter Hot Apple Sauce

EQUIVALENT WFIGHTS AND MEASURES

MEASURE	EQUIVALENT
l tbspx of liqui i tbsp (heaping)	a ···· sugar sugar ¬
2 there granulated there is the sps (level) is the sps (heaping) the there is a there is the sps of liquid	ed sugar 1 cunce
‡ gill	·····l cunce ·····l wineglass ·····l pint ·····l quart
l pint milk or wa l pint butter l pint granulated l pint brown sugar l pint chopped mes (tightly packed) l pint liquid	r13 ounces ats
1/3 cup almonds bl ed and choppe cup butter, soli cup cornmeal cup raisins	d 1 ounce

EQUIVALENTS WEIGHTS AND MEASURES

(continued)

1 cup currants
chopped)4 ounces l cup bread crumbs2 ounces
1 cup egg whites or
l cup½ pound 2 cups butter tightly
2 cups granulated sugar 1 pound 2 cups confectioners:
2 cups rice pound 2 cups oatmeall pound 3 cups commend
4 cups flourl pound 4 cups
leggs with shells 1 pound 10 eggs without shells 1 eggs without shell 10 egg

MARSHMALLOWS (Candy)

l envelope Knox Sparkling Gelatine 14 cups water, 2 cups fine granulated sugar, few grains salt, 1

Soak gelatine in half the water five minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled then add salt and farvoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar; having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows.

Nuts, chocolate, fruit juices in place of part of the water, or candled fruits chopped may be added or the plain ones rolled in grated coaoanut before being sugared. Dates stuffed with this confection are delicious.

Gladys Hunt Roy

KNOX GELATINE added to milk in-

creases its Nourishment by 23%

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FRENCH DAINTIES

4 level tbsps KNOX Acidulated Gelati
4 cups granulated sugar
12 cups boiling water
1 cup cold water

Soak gelatine in the cold water 10 minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add tsp of the Lemon Flavoring found in separat envelope and 2 tsps lemon extract. To the other part add + tsp Lemon Flavoring and 1 tsp extract of cinna mon, cloves or whatever flavor preferred. If perpermint is desired use tsp only. Any colcting desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of 4 inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

NOTE--If the Plain Sparkling package is used add three tbsps of lemon juice to take the place of the Lemon Flavoring and lemon extract when making lemon dainties.

PART STANTA CARROOM MINISTER DESIGNA

REMINISCENCES

of Early Cookshire

According to the records in the possession of descendents the Late John Cook Sr. left his home in Connecticut at the age of 21 years during the Fall of 1795 to make a home under the British Flag. He was accompanied by a friend 19 yrs of age who in later years returned to the United States.

They proceeded North with guns and packs walking most of the way to Northern Vermont. At the last Supply Station they replenished their packs with sea biscuit or hard-tack ammunition, axes and a few small implements.

They soon entered the virgin forest, where white man had never trod; somewhere near the present site of Canaan Vt., and made their path spotting the trees with axes (so as to return by the same route) as the Eaton River not far from its source, followed it down to

the present site of the present town of Cookshire. Just below the present town near the C.P.R. Station, he found a stretch of many acres covered with majectic pine and spruce, while the uplands were well watered with babbling springs and decided to camp on a rise not far from the present home of C.W. Cook.

Here he cleared land seeded and built a commodious dwelling, making a home to receive his wife the next Fall. He then prevailed upon twelve of his associates to join him, naming their little village Cooks-Shire which was changed after his death in 1819 to Cookshire.

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